



Take a moment to complete the survey below by Friday, March 16, 2007

1. Did you use smaller plates for smaller portions last week?

☐ Yes

☐ No

2. Did you burn extra calories through jump rope last week?

☐ Yes

☐ No

☐ No, but I burned an extra 250 calories per day anyway

3. What is your current weight? (previous answer below)

[]

4. Are you the leader of wellness activities at your workplace?

☐ Yes

☐ No

5. Comments

[Submit]

If you do not receive a confirmation page after clicking submit, please click [here](#).

The Challenge - Week 9

Two weeks and two pounds left in the 10 in 10 Challenge. Have you remained committed to your goal? Enjoy this week's suggested activities and continue on your way to better health.

For those just joining the 10 in 10 Challenge, please know that **it is never too late to join**. The initial Challenge began on January 15th and runs through March 25th. You will be able to download the previous weeks' e-mails from inshape.in.gov at the conclusion of the Challenge. The 10 in 10 Challenge encourages those who could benefit from it to commit to losing 10 pounds in 10 weeks. **Scroll down to find this week's nutrition and physical activity challenge and get started today!**



Visit us on the web at inshape.in.gov

It is not too late to join the 10 in 10 Challenge.
[Forward this message to a friend to be eligible for prize drawings.](#)

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Weekly Nutrition Challenge #9



Choose leaner cuts of meat - Each day this week, choose cuts of meat that are lower in fat to reduce your calorie intake by 250 calories per day.

At supermarkets today, there are limitless options in the size, quality, and cut of meat. Meat has qualities that are important to a nutritious diet but some meat options are better than others. As you plan and prepare your meals for the upcoming week, try to choose cuts of meat that are lowest in fat and calories to help you reach your weight loss goals. You'll also want to remember to limit your portion sizes to 2-3 ounces.

Leaner cuts of meat contain less than 3 grams of fat per ounce. Some examples that fulfill this standard are:

- Lean lunch meat
- Flank steak
- Sirloin tip
- Rump roast
- Chicken
- Turkey burgers
- Baked, broiled, or grilled fish

Vegetarians: Even though meat may not be a part of your diet it is important to include sources of protein in your diet. Whatever your diet preference is, examine it to identify ways to make lower fat substitutions.

Weekly Physical Activity Challenge #9

Organize outdoors! - Spend 35-45 minutes working on outdoor projects each day this week to burn approximately 250 calories. Accomplish those long overdue jobs while losing a pound.

The weather in Indiana is warming up, making it even easier to incorporate additional physical activity into your day. Each day this week, pick an outdoor task that can be accomplished in 35-45 minutes. Perform the outdoor task at a moderate pace so that your heart rate is raised. In that short period of time you can accomplish both your health goals and get a jump on spring maintenance.

There are many activities that you can do outdoors. Try some of the following or create your own!

- Hand wash your car
- Rake leftover leaves
- Prepare plant beds for spring
- Sweep your driveway or sidewalk
- Lay out some mulch
- Clean your gutters
- Organize a garage or shed



If you find that you have accomplished all of your own maintenance tasks, consider volunteering in your community. You can tidy bus stops, parking lots, or help landscape your local church or library. Or just go for a walk in your neighborhood and pick up any trash that you find to benefit everyone!



Clarian Cardiovascular

Are you at risk for a heart attack? To find out, take a 7-minute risk assessment at www.ACallToChange.org

Golf *plus* Privilege Book



In support of INShape Indiana, the American Lung Association of Indiana encourages you to get active! And what better way than to enjoy some time out on the golf course! Four lucky winners will receive a 2007 Golf Privilege Plus Book and golf balls! These books are good for discounted golf at nearly 350 golf courses in and around Indiana. Proceeds from the book support education, advocacy and research for Hoosiers suffering from lung disease.

For more information on the Lung Association or the Golf Privilege Plus Book, visit www.LungIN.org.

To be eligible for the drawing, simply [forward this message to a friend](#).

 **FORWARD TO
A FRIEND**

Heart disease is the number one killer of women and takes thousands of Indiana women's lives each year. In keeping with Indiana's commitment to supporting healthy, productive citizens, the First Lady of Indiana and the State Department of Health Office of Women's Health have teamed up to focus on the issue of women's heart disease.



Heart to Heart encourages women to have heart-to-heart conversations about heart disease in order to:

- Increase awareness that heart disease is the number one killer of women
- Empower women to reach out to and support others in living a heart healthy lifestyle
- Educate women on how to live a heart healthy lifestyle
- Provide a collection of resources for more information and support for women

We Salute Our Featured Partners



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